

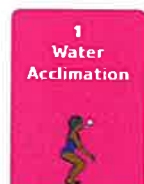
West End Swim Lessons

9/2/2025 through 10/25/2025

CLASS	Monday	Tuesday	Wednesday	Thursday	Saturday
Adult Lessons (register monthly)	11:00-11:30am			5:15-5:45pm 5:50-6:20pm	
Teen Lessons (register monthly)				4:30-5pm	
Parent/Child (ages 6 months to 3yrs)			5:15-6:25pm* 5:20-5:50pm 5:50-7pm*	10:00-11:10am* 5:40-6:10pm 6:20-6:50pm	9-9:30am 9:40-10:10am 11:30-12pm
			*is a Gym/Swim- Start 30 minutes gym, change, 30 minutes swim		
Preschool Stage 1	4:40-5:10pm 5:20-5:50pm 5:55-6:25pm 6:30-7pm	4:40-5:10pm 5:20-5:50pm 5:55-6:25pm 6:30-7pm	4:40-5:10pm 5:20-5:50pm 5:55-6:25pm 6:30-7pm		9-9:30am 9:40-10:10am 10:15-10:45am 10:50-11:20am
Preschool Stage 2	4:40-5:10pm 5:20-5:50pm 5:55-6:25pm 6:30-7pm	4:40-5:10pm 5:20-5:50pm 5:55-6:25pm 6:30-7pm	4:40-5:10pm 5:20-5:50pm 5:55-6:25pm 6:30-7pm		9-9:30am 9:40-10:10am 10:15-10:45am 10:50-11:20am
Preschool Stage 3	5:20-5:50pm 5:55-6:25pm	5:55-6:25pm	5:20-5:50pm 6:30-7pm		10:15-10:45am
Preschool Stage 4	6:30-7pm				
Youth Stage 1	4:40-5:10pm 6:25-6:55pm	5:15-5:45pm	5:50-6:20pm		9:10-9:40am 10:55-11:25am
Youth Stage 2	5:15-5:45pm 5:50-6:20pm	4:40-5:10pm 5:50-6:20pm	4:40-5:10pm 5:15-5:45pm 6:25-6:55pm		9:45-10:15am 10:20-10:50am
Youth Stage 3	5:15-5:45pm 5:50-6:20pm	5:15-5:45pm 5:50-6:20pm	5:15-5:45pm 5:50-6:20pm 6:25-6:55pm		9:10-9:40am 9:45-10:15am 10:20-10:50am
Youth Stage 4	4:40-5:10pm 5:15-5:45pm 5:50-6:20pm 6:25-6:55pm	4:40-5:10pm 5:50-6:20pm	4:40-5:10pm		10:20-10:50am 10:55-11:25am
Youth Stage 5	5:50-6:20pm 6:25-6:55pm	5:15-5:45pm	4:40-5:10pm		9:45-10:15
Youth Stage 6	6:25-6:55pm				9:10-9:40am

Registration for all classes starts August 20

Contact Michelle Wittreich: mwittreich@lakecountymca.org or Shanti Blatnik: sblatnik@lakecountymca.org with any questions



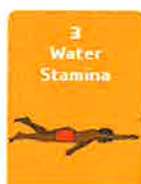
1 Water Acclimation

Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance



2 Water Movement

Encourages forward movement in water and basic self-rescue skills performed independently



3 Water Stamina

Develops intermediate self-rescue skills performed at longer distances than in previous stages



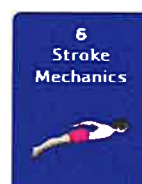
4 Stroke Introduction

Introduces basic stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke



5 Stroke Development

Introduces breaststroke and butterfly and reinforces water safety through treading water and sidestroke



6 Stroke Mechanics

Refines stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle